

Diet drinks may be as unhealthy as sugary ones

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Many people drink diet sodas as part of their diet. They believe these drinks are healthier than fizzy drinks. However, according to a new study, "diet" versions of sugary drinks can be as bad for our heart as fizzy drinks that are loaded with sugar. The researchers who conducted the

study said people should avoid diet sodas and other artificially sweetened beverages if they want to look after their health. They said the artificial sweeteners in diet drinks are not healthy. Dr Guy Mintz, a heart specialist, said: "The belief that artificial sweeteners are a safe substitute for sugar is fake news." He added: "Artificial sweeteners have been associated with weight gain, insulin resistance, and diabetes."

The research is published in the Journal of the American College of Cardiology. Researchers looked at health data from over 100,000 people in France. Participants in the study recorded their diet, activity level, and health status every six months. The researchers said: "Higher intakes of...artificially sweetened beverages were associated with a higher risk of cardiovascular disease, suggesting that artificially sweetened beverages might not be a healthy substitute for sugary drinks." They added: "Water, water, and more water should be the beverage of choice. Given childhood obesity, no sweetened or artificially sweetened beverage should be a staple in children's diets."

Sources: healthline.com / medicallxpress.com / metro.co.uk

Writing

All soda is a danger to our health and should be banned. Discuss.

Chat

Talk about these words from the article.

diet / soda / study / heart / sugar / researchers / artificially sweetened / specialist / journal / health data / activity / status / intake / disease / water / obesity / staple

True / False

- a) People believe fizzy drinks are healthier than diet drinks. T / F
- b) Researchers said we should avoid artificially sweetened drinks. T / F
- c) A doctor said sweeteners being a good replacement for sugar is fake news. T / F
- d) The doctor said artificial sweeteners can cause weight gain. T / F
- e) Researchers looked at the data of 100,000 people. T / F
- f) Researchers found sweeteners can cause heart problems. T / F
- g) Researchers advised not to drink too much water. T / F
- h) Researchers said it's OK for children to have sweeteners. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|----------------|
| 1. believe | a. information |
| 2. study | b. synthetic |
| 3. conducted | c. replacement |
| 4. artificial | d. drinks |
| 5. associated | e. research |
| 6. data | f. food |
| 7. beverages | g. think |
| 8. substitute | h. fatness |
| 9. obesity | i. did |
| 10. diet | j. linked |

Discussion – Student A

- a) What do you think about what you read?
- b) How much do you like reading about health issues?
- c) Have you ever taken part in research?
- d) What is your activity level like?
- e) How can we keep our cardiovascular system healthy?
- f) What do you think of sugary drinks?
- g) What can we do to reduce childhood obesity?
- h) What questions would you like to ask the researchers?

Phrase Match

- | | |
|--|--------------------------|
| 1. They believe these drinks are healthier | a. beverages |
| 2. sugary drinks can be as | b. after their health |
| 3. fizzy drinks that | c. obesity |
| 4. if they want to look | d. bad for our heart |
| 5. fake | e. the study |
| 6. health data from | f. news |
| 7. participants in | g. than fizzy drinks |
| 8. artificially sweetened | h. for sugary drinks |
| 9. a healthy substitute | i. over 100,000 people |
| 10. childhood | j. are loaded with sugar |

Discussion – Student B

- How good or bad is your daily diet?
- What would you like to cut out from your diet?
- What do you think of fizzy drinks?
- Do you prefer the word 'fizzy drink' or 'soda'?
- Which are better, diet sodas or regular sodas?
- What do you think of artificial sweeteners?
- Should we be eating or drinking anything artificial?
- What do you think of sugar?

Spelling

- healthier than yzfzi drinks
- cognracdi to a new study
- artificially sweetened eeevrbga
- Dr Guy Mintz, a heart scpsieital
- a safe bsuttiteus for sugar
- insulin resistance, and sedbitea
- The research is elihsbdpu in the journal
- niartatpicsp in the study
- a higher risk of cardiovascular iasedes
- argusy drinks
- childhood oiesbty
- a ealpts in children's diets

Answers – Synonym Match

1. g	2. e	3. i	4. b	5. j
6. a	7. d	8. c	9. h	10. f

Role Play

Role A – Being a Vegetarian

You think being a vegetarian is the best way to diet. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): cycling everywhere, skipping lunch or using smaller plates.

Role B – Cycling Everywhere

You think cycling everywhere is the best way to diet. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): being a vegetarian, skipping lunch or using smaller plates.

Role C – Skipping Lunch

You think skipping lunch is the best way to diet. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): cycling everywhere, being a vegetarian or using smaller plates.

Role D – Using Smaller Plates

You think using smaller plates is the best way to diet. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): cycling everywhere, skipping lunch or being a vegetarian.

Speaking – Diet

Rank these with your partner. Put the best ways to diet at the top. Change partners often and share your rankings.

- Be a vegetarian
- Drink more water
- Use smaller plates
- Cycle everywhere
- No white bread or rice
- No cakes of chocolate
- Daily exercise
- Skip lunch

Answers – True False

a	F	b	T	c	T	d	T	e	T	f	T	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.